**ZONE 13 CROSS COUNTRY**

Events: Champions shall be declared in each of the following events:

 1. Boys’:

 a) Junior team – 5,000 metres

 b) Senior team – 5,000 metres

 c) Junior open – 5,000 metres

 d) Senior open – 5,000 metres

 2. Girls’:

 a) Junior team – 3,000 metres

 b) Senior team – 3,000 metres

 c) Junior open – 3,000 metres

 d) Senior open – 3,000 metres

Format:

* + - 1. Boys’ and Girls’ Team events: one team per classification per school. Teams consist of five to seven runners only.
			2. Open Boys and Girls: any eligible high school student not running in a team event
			3. Competitors shall be classified into two age categories according to the MHSAA guidelines.

Awards:

* + 1. First place team in each category will receive a championship banner
		2. Open category winners will receive 1st, 2nd and 3rd place ribbons
		3. Team category winners will receive 1st, 2nd and 3rd place ribbons
		4. Points are given according to your placing. The lowest team score for their top 5 runners is the winner.

\*\* See MHSAA handbook for further zone/provincial guidelines and uniform rule